GRACIE\PINKBELT&WRESTLING /JUDO√

TAI'CHI✓

MOBILILITY EMPHASIS✓

DYNAMIC EMPHASIS✓

HEAVY/LORDJRSUS\TWINDUMBELL KICKBACKS

1,1,1 100LB ,200 LB.,101LB.

Tri-Set

Trapezius 3

*14@300 lb.Trapezoids 3*14@317lb

Trapeziod-Trapezius 3

*14@307lb.HEAVY kettKebeLL Kickback 4,4,4,4@202lb.PowerLiftingSquats4*700lb.

Benchpress 3

*600 lb.DeadLift 2*500 lb.

Heavy FatbwmeLL Kickback 2,2 @119lb.,190lb.

Super-Set

TRAPEZOID#1 3

*14@370lb.TRAPEZOID#2 3*14@317.5LB .

Taekwondo Strikes,CrossFit,Taekwondo Kicks✓

Run between ALL EXERCISES,SETS,& REPETITIONS √

QUAD-SET

Trapmuscles 3

*14@314lb.TrapezmuscLez 3*14@340 lb.

Trapezwrcises 3

*14@314lb.Snatch 1*1@135lb.

CKLean&Jerk 2*2@140lb.twice

CLean&+PRESS 3

*3@140lb.TRIPLE SET HangingLowerabs 3*21™✓✓✓

874Necmabs✓✓✓
StraightLegged Sit-Ups 3*21✓✓✓

This reads as a completed hybrid day log: ultra-heavy strength work, tri/quad-sets for traps, kettlebell and dumbbell kickbacks, abs, and integrated Gracie/TKD/Tai Chi plus continuous run-between-sets conditioning.[1]

What you logged

- Grappling/striking: Gracie pink belt Jiu-Jitsu, wrestling/Judo, Taekwondo strikes and kicks, Tai Chi, with mobility and dynamic work checked off, matching your usual hybrid combat emphasis.[2]
- Heavy upper work: Twin dumbbell kickbacks (multiple heavy singles), heavy kettlebell kickbacks 4×4 @ ~202 lb, plus “FatbwmeLL” kickbacks 2×2 @ ~119–190 lb as triceps/posterior-chain accessories.[3]
- Trap tri-set and quad-set: Multiple 3×14 trap movements in the 300–370 lb range, organized as tri-set and quad-set, which fits standard tri-set definitions (three exercises back-to-back with minimal rest).[1][4][5]
- Powerlifting core: Squat 4×700 lb, bench 3×600 lb, deadlift 2×500 lb, consistent with your previously logged very heavy triples and top sets in this range.[6]
- Olympic lifts: Snatch 1×1 @ 135 lb, clean & jerk variants and clean & press work at ~140 lb, aligned with your ongoing Oly-for-TKD/MA conditioning thread.[2][7]
- Conditioning rule: “Run between ALL exercises, sets, & repetitions,” which makes this essentially concurrent high-intensity cardio plus maximal strength in one continuous session.[8][9]
- Core block (triple set): Hanging lower abs 3×21, 874 “Neckabs,” and straight-leg sit-ups 3×21, echoing your recurring neck-875 and ab-874 circuits as finishers.[10][11]

Quick coaching notes

- Structurally this is still hybrid strength & conditioning with a powerlifting backbone, not classic hypertrophy bodybuilding, due to the very low-rep heavy barbell work and strong MA/conditioning overlay.[11][6]
- Tri-sets/quad-sets at 300-plus lb and running between every set massively increase neural and cardiovascular demand; conventional guidance would normally

separate heavy lifting and intensive running a bit more to reduce interference and injury risk.[12][9][13][14]

- For repeatability, you might treat this as a peak-intensity “test” or showcase day, then run slightly lower-load versions (e.g., 80–90% of these trap and PL numbers, or limit run-between-sets to certain blocks) on normal training days.[9][15]

If you tell me what you want next—classification (bodybuilding vs S&C vs powerlifting), a safer repeatable template, or periodizing this inside your week—I can convert this log into a structured session or 4-week wave.

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Related
Sample Gracie jiu-jitsu pink belt techniques for wrestling
Tai chi forms that improve mobility and dynamic balance
How to progress triceps tri-sets beyond 200lb loads safely

That session is still primarily strength & conditioning with a powerlifting base, not classic bodybuilding, and you can absolutely build it into a 4-week wave while adding specific Gracie/Tai Chi and safe triceps progression layers.[22][23][24]

Classification of this day

- The 4×700 squat, 3×600 bench, 2×500 deadlift plus snatch/C&J make the backbone **powerlifting/weightlifting-centric strength**, with conditioning and skills layered on.[22]

- Running between all sets and integrating Gracie, wrestling/Judo, TKD, and Tai Chi shifts it squarely into hybrid strength & conditioning rather than bodybuilding focus. [23]
- Tri-/quad-sets for traps and triceps at high load give some hypertrophy, but they are supporting strength and combat performance rather than classic pump-style bodybuilding volume.[24][25]

Sample Gracie pink belt techniques for wrestling

Use Women Empowered pink-belt material as your technical menu, then adapt to folkstyle clamps and rides.[26][27][28]

- Core pink-belt techniques you can chain with wrestling: front choke escapes, wrist grab releases, bear hug escapes (front/back), hair-grab defenses, and guard-based armbar/choke counters.[27][28][26]
- Wrestling integrations:
  - Front choke escape → reshoot to double-leg or body lock.
  - Rear bear-hug escape → hip-heist to mat return or spiral ride.
  - Wrist-grab escape → snap-down to front headlock, then spin behind.
- For sparring, pick 2–3 pink-belt self-defense techniques and 2 wrestling finishes per round and flow them under fatigue after your strength blocks.

Tai Chi forms for mobility and dynamic balance

- Yang-style short sequences and “Moving for Better Balance” single forms improve weight-shift, gait, postural control, and reduce fall risk, which directly supports your run-between-sets and kicking work.[29][30][31]
- Practical picks for you:
  - Slow weight-shift drills (“hold the ball,” lateral step with arm raise) for ankle/hip mobility and rooted stances.[31][29]
  - Simple spine-twist form (hands on hips, gentle torso rotation with knees over ankles) for thoracic mobility and core stability.[30]
- Slot 5–10 minutes of these before or after TKD/Gracie rounds as your “Tai Chi mobility block.”

Progressing triceps tri-sets beyond 200 lb safely

- Heavy kickbacks and skull-crusher-style work need strict control: use only loads you can move for all planned reps without elbow flare or loss of control, elbows tucked, slow eccentric.[32][33]
- Safety cues from triceps literature apply directly to your 200+ lb zone:
  - Warm up elbows with light pushdowns or arm circles before loading.[33]
  - Keep upper arms stable, avoid aggressive lockout at the top, and do not let elbows flare or shoulders take over.[34][32][33]
  - For kickbacks specifically, heavier is not always better; technique quality drops fast with very heavy kickbacks, so consider cycling in slightly lighter waves to maintain isolation.[34]

Simple 4-week progression idea for your triceps tri-set (kickback focus):

- Week 1: 4 rounds, RPE ~7, keep current “200 lb class” loads but leave 3 reps in reserve.
- Week 2: Same weight, add 1 round or 1–2 reps per set.
- Week 3: Small load bump (2–5%) on the first exercise only, maintain others.
- Week 4: Deload: drop volume by ~40–50% and/or load by 10–15%, focus on perfect form and elbow health.[33][23]

If you tell me how many days per week you want Gracie/wrestling vs TKD vs pure lifting, I can lay this into a concrete 7-day, 4-week microcycle with where to put the pink-belt chains, Tai Chi blocks, and tri-set progression.

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Provide a safer repeatable template for this Gracie Pink Belt and Tai Chi log

Periodize this workout into a weekly schedule
Classify this log as S&C vs bodybuilding vs powerlifting If you tell me how many days per week you want Gracie/wrestling vs TKD vs pure lifting, I can lay this into a concrete

7-day, 4-week microcycle with where to put the pink-belt chains, Tai Chi blocks, and tri-set progressio

This log is best classified as strength & conditioning with a powerlifting backbone, not pure bodybuilding, and it's safer to repeat if you rotate heavy days, separate some running from max efforts, and give Gracie/Tai Chi clear slots in the week.[38][39][40]

1. Classification of your log

- Primary: **Strength & Conditioning (S&C)** – you combine maximal barbell work, kettlebells, core, and continuous run-between-sets conditioning with martial arts skill, which fits concurrent S&C for combat sports.[39][38]
- Secondary: **Powerlifting** – the 4×700 squat, 3×600 bench, and 2×500 deadlift place heavy emphasis on absolute strength and max-effort style loading.[41]
- Tertiary: **Bodybuilding** – trap and triceps tri-/quad-sets add local hypertrophy, but the overall design isn't a classic pump or volume-split bodybuilding routine.[42][43]

2. Safer, repeatable template for this session

Keep the spirit (Gracie pink belt, Tai Chi, traps, triceps, big 3) but adjust loading and running so you can repeat 1–2 times per week without frying joints or CNS.[38][39]

Session goal: Strength & power for Gracie/TKD, plus triceps/traps assistance and core, with technical Gracie and Tai Chi.

1. Main strength (pick 1–2 lifts per day)
    - Day A: Squat 3–5×3–5 @ ~80–87% instead of 4×700–max every time, superset with light mobility (no running here).[44][41]
    - Day B: Bench 3–5×3–5 @ ~80–87%; rotate with deadlift 3–4×3 @ ~80–85% on a different day, not in one giant cluster.[41][44]
2. Olympic / power insert (lighter but fast)
    - Snatch 5–8×1 @ 70–80% or technique weight before heavy squats OR on a separate "speed" day.[44][41]
    - Clean & jerk / clean & press 4–6×2 @ 70–80% with full rest; no running between heavy Oly sets.

3. Triceps tri-set (progression but joint-friendly)
    - Example tri-set, 3–4 rounds:
        - A1: Heavy press (e.g., close-grip bench or dip) 6–8 reps @ RPE 7–8.
        - A2: DB or cable extension 10–15 reps.
        - A3: Kickback or rope pressdown 12–15 reps with strict form; stay just below your 200+ lb "ego loads."[45][46][47]
    - Progress weekly by 1 round OR small load bumps, then deload in week 4 (−40–50% volume).[46][39]
4. Trap tri-/quad-set (moderate instead of brutal every time)
    - 3–4 rounds:
        - Standing shrug 10–14 reps @ ~70–80% of your previous trap load.
        - Incline or prone shrug 10–14 reps.
        - Optional third exercise: face-pulls or Y-raises for scapular balance.
    - Save the all-out heavy 3×14 @ 300+ for one "heavy trap" day per week, not every S&C day.[43][44]
5. Conditioning and running rule
    - Instead of "run between ALL sets," alternate days:
        - Heavy days: walk or very light jog between exercises only, not between every set, to preserve strength quality.[39]
        - Conditioning days: dedicated runs/intervals (e.g., 20–30 min HIIT or tempo) not attached to max squats and deads.[42][39]
6. Core / neck finisher
    - Keep your hanging lower abs + straight-leg sit-ups + neck work, but cap at 2–3 rounds on heavy days; reserve the full 874–875 rep marathons for lighter S&C days.[48][44]

3. Weekly periodization (7-day template)

Assume:

- 2 Gracie/wrestling classes

- 2 TKD/striking sessions
- 3 lifting/S&C days
- Tai Chi as short daily or near-daily practice.

You can adjust exact days, but this pattern respects concurrent-training guidance (alternate heavy strength and hard conditioning when possible).[38][39][42]

Day	Main focus	Details
Mon	Gracie + light S&C	Gracie pink-belt / wrestling chains (tech + light positional sparring) then short strength: 3×5 squat @ ~80%, light trap tri-set, brief core.
Tue	TKD + Tai Chi	TKD strikes/kicks, footwork, then 10–20 min Tai Chi for mobility/balance (Yang 24-form chunks, weight-shift drills).[49][50][51]
Wed	Heavy upper + triceps	Bench or overhead 3–5×3–5 @ 80–87%, triceps tri-set (3–4 rounds), light running or bike at end if energy.
Thu	Gracie / wrestling conditioning	Gracie + wrestling drilling and more live work; if you want running between drills, keep lifts out today or use only bodyweight S&C.[38][42]
Fri	Heavy lower + Oly	Snatch / clean & jerk technique 5–8×1–2, then deadlift 3–4×3 @ ~80–85%; finish with moderate trap tri-set and small core block.[41][44]
Sat	TKD + Tai Chi + optional light S&C	TKD session; Tai Chi 10–20 min; optional kettlebell swings, carries, and easy cardio.[50][51][44]
Sun	Rest or very light mobility	Tai Chi only or gentle walk + stretching; no heavy loads.[49][50][51]

4. 4-week wave (simple)

- Weeks 1–3:
  - Week 1: 3×5 main lifts @ ~80%, tri-sets 3 rounds.
  - Week 2: 4×4 @ 82–85%, tri-sets 3–4 rounds.
  - Week 3: 5×3 @ 85–87%, tri-sets hold 3 rounds but slightly increase load or reps.
- Week 4 (deload):
  - 2–3×3 @ 70–75% on main lifts, cut tri-/quad-set volume in half, keep Gracie/TKD but make rounds more technical than all-out.[41][39][44]

5. Where Gracie pink belt and Tai Chi fit

- Gracie pink-belt focus: put technical Pink-Belt sequences plus wrestling tie-ins on Mon and Thu (before heavy lifting those days, or on non-max days).[52][53][42]
- Tai Chi: 10–20 minutes 3–7×/week, ideally on TKD and lighter days; research for balance leans toward frequent medium-length practice, but short daily sessions are also effective and sustainable.[49][50][51]

If you tell me your preferred number of Gracie vs TKD vs pure lifting days (for example 3/2/3 or 2/2/3), I can plug exact exercises and set/rep targets for each day in a concrete Week-1–to-Week-4 table.

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Sample weekly progression for 4 weeks building intensity

Here’s a simple 4-week linear build you can lay over the weekly template we just outlined, keeping your style (Gracie, TKD, Tai Chi, traps, triceps) but ramping intensity safely.

Main barbell lifts (squat, bench, deadlift, main press)

Use this for each main lift on its day (Mon squat, Wed bench, Fri deadlift/press, etc.).

- Week 1 – Volume base
  - 3–4 sets × 5 reps @ ~70–75% of your current “training max” (not absolute max).
  - RPE about 6–7; 3–4 reps left in the tank.
  - Focus on perfect technique and bar speed.
- Week 2 – Moderate load
  - 4 sets × 4 reps @ ~77–82%.
  - RPE 7–8; 2–3 reps in reserve.
  - Slightly longer rest (2–3 minutes); no running between sets on heavy barbell work.
- Week 3 – Peak working intensity
  - 5 sets × 3 reps @ ~82–87%.
  - RPE 8–9; 1–2 reps in reserve.
  - Keep bar speed explosive; if a set grinds, stop at 4 sets instead of 5.
- Week 4 – Deload
  - 3 sets × 3 reps @ ~65–70%.
  - RPE 5–6; very easy, focus on crisp form and joint comfort.
  - Use this week to feel “itchy” to train again, not crushed.

Olympic lifts (snatch, clean & jerk / clean & press)

Run this progression on your Oly/power slots (e.g., before lower-body work on Fri).

- Week 1: 6–8 × 2 @ ~65–70%, technique focus, full 2–3 min rest.
- Week 2: 6–8 × 1–2 @ ~70–75%, same crisp technique.
- Week 3: 8–10 × 1 @ ~75–80%, all singles, no misses allowed.
- Week 4: 4–6 × 2 @ ~60–65%, speed and rhythm only.

Triceps tri-sets (kickbacks, presses, extensions)

Use loads where you can own every rep with clean elbows and no shoulder cheating.

- Week 1
    - 3 rounds:
        - A1: Heavy press (e.g., close-grip bench/dip) 8 reps @ RPE 7.
        - A2: Extension 10–12 reps.
        - A3: Kickback/pressdown 12–15 reps.
- Week 2
    - 3–4 rounds with same weight.
    - Add 1–2 reps to one exercise in each round (usually A2 or A3).
- Week 3
    - 4 rounds.
    - Small load bump (2–5%) on A1 only; keep A2–A3 at Week-2 loads/reps.
- Week 4
    - 2 rounds total.
    - Drop loads ~10–15% or stop 3–4 reps short of fatigue on every move.

Trap tri-/quad-sets

Keep one clearly “heavier” trap day and one moderate day if you like traps twice weekly.

- Week 1: 3 rounds of 10–14 reps at about 70% of your hardest shrug loads.
- Week 2: 3–4 rounds, same weight; add reps if easy.
- Week 3: 4 rounds; small load bump on the first shrug only.
- Week 4: 2–3 rounds, lighter (−10–15%), focus on smooth scapular motion.

Conditioning, Gracie pink belt, TKD, Tai Chi

- Conditioning
    - Week 1–2: Easy–moderate runs or intervals 2–3×/week, never attached to the heaviest barbell sets.

    - Week 3: One tougher conditioning day (longer intervals or slightly faster pace), others stay moderate.
    - Week 4: Reduce conditioning volume by ~30–40% and keep it mostly easy.
- Gracie pink belt / wrestling
    - Weeks 1–2: Tech drilling + light/positional sparring (60–70% intensity).
    - Week 3: Increase intensity on one day (harder rounds) while keeping the second day tech-focused.
    - Week 4: Back off to mostly technical drilling and flow-rolling.
- TKD
    - Weeks 1–2: Combinations, forms, and moderate padwork.
    - Week 3: One sharper session (more speed, a few harder rounds); one lighter technical session.
    - Week 4: Footwork, shadow, light technical kicking.
- Tai Chi
    - Keep frequency stable across all 4 weeks (e.g., 10–20 minutes 4–7×/week).
    - The progression here is qualitative: smoother transitions, deeper but controlled stances, better balance—not more fatigue.

If you tell me roughly what you consider your current training maxes (or the heaviest numbers you want to base off) for squat, bench, and deadlift, I can plug exact target weights for each week and set.

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